



Your Health. Take Charge.



Preventive Health Benefits

Quick Reference Guide *(for employees, retirees and eligible dependents)*

Your Sandia medical plan (**under UHC or CIGNA**) will cover preventive services as outlined below at 100% (in-network services only). The plan will not cover all care that is preventive in nature. It is solely up to the provider (physician, lab technician, and office staff) as to whether a service is coded as preventive or diagnostic. Neither Sandia nor the plan administrator can direct the provider to bill a service in any particular way.

One routine physical/annual exam is allowed each calendar year, regardless of the date of the previous routine physical exam, and no more frequently than one per calendar year. You are eligible for an annual routine physical exam even if you have any type of chronic illness or condition, such as high blood pressure, diabetes, etc. Allowable exams include routine preventive physical, including annual exams and sports physicals.

Benefit	Birth to 2 Years	Ages 3 to 10	Ages 11 to 18	Ages 19 and older
Well-baby/Well-child/Well-person exam	Birth, 1, 2, 4, 6, 9, 12, 15, 18, & 24 months	Once a year	Once a year	Once a year
Blood pressure		Once a year	Once a year	Once a year
Bone density test				Once every three years, ages 50 and older
Cholesterol screen		Selective screening of children and adolescents at risk due to family history		Once a year complete lipoprotein profile, fasting
Chlamydia screen			Once a year	Once a year
Colon cancer screen				Colorectal cancer screenings, ages 50 and older: <ul style="list-style-type: none"> • Sigmoidoscopy once every 5 yrs or • Colonoscopy once every 10 yrs or • Sigmoidoscopy or colonoscopy every 5 yrs before age 50 or more frequently if you have an immediate family history of colorectal cancer; personal history of colonic

Benefit	Birth to 2 Years	Ages 3 to 10	Ages 11 to 18	Ages 19 and older
				polyps <ul style="list-style-type: none"> Barium enema once every 5 yrs in lieu of a colonoscopy or sigmoidoscopy
Complete blood count				Once a year
Complete urinalysis				Once a year
Complete metabolic profile				Once a year
Diabetes screen				Once a year
Fecal occult blood test				Once a year, ages 50 and older
Gardasil (HPV)		Girls ages 9 and older	Girls ages 11 to 18	Women age 9 to age 26
Hearing exam	As needed	As needed		
Hemoglobin/Hematocrit	Between 9 & 12 months			
Immunizations (including those needed for personal travel)	As needed	As needed	As needed	As needed
Mammogram				Baseline between ages 35-39 and ages 40 and older, once a year
PKU screen	As needed			
PSA				Men ages 50 and older, once a year
Pap test			Girls ages 14 and older, once a year	Women ages 19 and older, once a year
Pregnancy related <ul style="list-style-type: none"> Multiple marker screen (weeks 15 and 18) Serum alpha-fetoprotein (weeks 16 and 18) on personal risk factors Chorionic villus sampling before week 13 Amniocentesis (between weeks 15 and 18) Hemoglobiopathy screen 				Women ages 35 and older or women at risk or personal risk factors

Benefit	Birth to 2 Years	Ages 3 to 10	Ages 11 to 18	Ages 19 and older
<ul style="list-style-type: none"> • Gestational diabetes screen • Group B strep (between weeks 35 and 37) • Initial screen for anemia, rubella, hepatitis B, and STD 				
Rubella screen			Limited to once per lifetime	Limited to once per lifetime
Sexually transmitted disease screen			Once a year	Once a year
Serum lead screen	As needed			
Sickle cell anemia screen	As needed			
Thyroid screen	As needed			Once a year
Zoster/Shingles				Ages 60 and older

Note: Review your medical plan Summary Plan Description for more detail on your plan benefits.

Sandia Corporation's benefit plans are maintained at the discretion of Sandia. They do not create a contract of employment. The plans may be suspended, modified, or discontinued at any time and without prior notice, subject to applicable collective bargaining agreements and except as otherwise provided by applicable law.